



A PRAYER FOR *Setting Healthy Boundaries*

Dear God, As I stand firm within my sovereignty and affirm the wholeness of who I am, I find the need to set boundaries and clearly mark my Yeses and Nos. As I find my voice I shy not from asking for my needs, nor do I fear pushing away that which no longer serves me. I am centered and I stand in my freedom. As I shift into this place of empowerment, I ask to find a way to explain this shift within me with kindness and care.

As I go through this transformation, I understand that there are those around me who find my new behavior a bit confusing since they have been used to interacting with me in a very different way. When I was challenged in stating my boundaries, I expressed half-truths and often did anything I could to avoid confrontation. I was wavering between pleasing the needs of others to my futile attempt at protecting their feelings.

Dear Angels of Compassion and Harmony, guide my actions and lead my words to a place of connection and care. Help me stay firm within myself yet open and gentle to understanding my brothers and sisters. Let me offer myself and express my boundaries in a way that can be received yet acknowledge the places between us that are no longer in alignment. Let me do so, however, without shame or blame and with utmost consideration to all involved.

I wish to stand within my sovereignty not as a form of escape or out of a selfish weakness but as a sincere expression of individuality. I wish to express my art and offer my voice, I wish to offer my color and paint with the uniqueness of my soul. In finding myself I find the respect and admiration to my brothers and sisters, I wish to empower and encourage, uplift and inspire. We are all in this together, each of us is special and is a necessary instrument in the orchestra of life.

Dear God, Let my boundaries inspire a deeper sense of connection, where my Yeses are truly meant to invite and receive, and my Nos are a call for respectful space and inner reflection. I wish to speak kindly and with a soft heart, I wish to express my truth out of wholeness and not as a reaction or fear. Let this moment be a call for transformation and let my heart be a place of fullness and peace. I stand in this truth and trust with compassion; I affirm my boundaries and freedom and invite connection with utmost grace.

From the *PrayerFull Heart* book, by Spiritual Teacher, Kai Karrel (KaiKarrel.com)